

If a potato or two is available in the field, cut up in small pieces and cook in the chicken stock mixture until the pieces completely disintegrate. Add milk to the thickened mixture and you have COMBAT ZONE VICHYSOISE. If rice is available, try the same with the overcooked rice, but don't mention it to a real gourmet.

**This is from your Basic G-Ration*

GUARD RELIEF EGGS BENEDICT

***White bread**

***One can ham and eggs, chopped**

***One can cheese spread**

One dash TABASCO pepper sauce

One spoon butter or oil or fat

One spoon flour

***Four to six spoons milk**

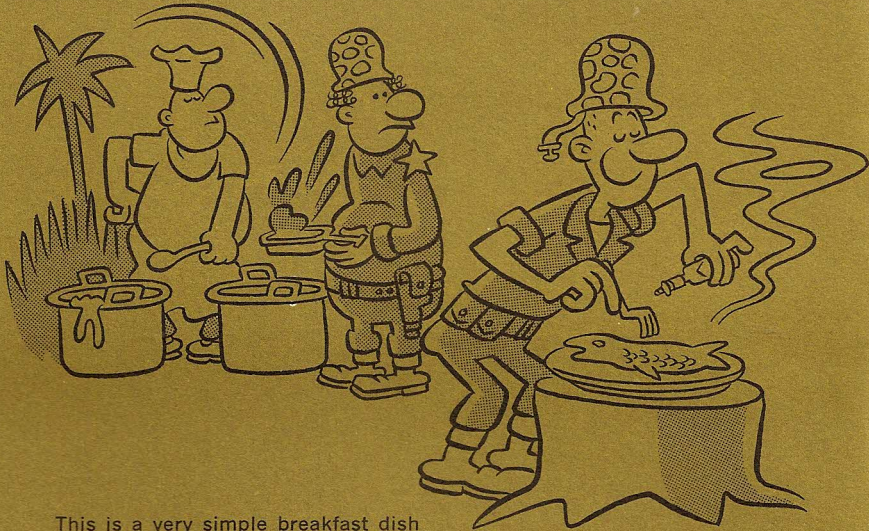
Four spoons butter or oil or fat for frying the bread

***Salt and pepper to taste**

Most recipes for Eggs Benedict called for split and toasted English Muffins. However, there is no reason why G.I. white bread can't be used now. Just be sure to split your loaf in half; never cut it with a knife. Don't ask why . . . it just tastes better.

In a meat can, fry the two halves of white bread. Cut the can of ham and egg mixture and heat. Place a piece of the ham and egg mixture on each half of bread and cover with a sauce made as follows:

Melt the butter or oil or fat and add the flour, blending well with a spoon. Add the milk and blend until smooth. Add the can of cheese spread and stir until melted. Add Tabasco and salt and pepper. Pour immediately over each half of the egg and bread combination.



This is a very simple breakfast dish for two or more, especially if one guy prepares the sauce while the other heats the eggs and bread mixture.

**This is from your Basic G-Ration*

BEEFSTEAK EN CROUTE

***White bread**

Two spoons green onions (white part) or plain onions . . . minced

***One can beefsteak with juices, cut up into small pieces**

Generous dash TABASCO pepper sauce

***Salt and pepper to taste**

One spoon butter or oil or fat

***Bread crumbs from center of loaf of bread**

One to two spoons water

En croûte simply means in a pastry shell, and the regulation white bread lends itself to such a shell with no trouble whatsoever.

Scoop out the center of the white bread til you have a shell. Reserve the bread as crumbs. Sauté the onions in the melted butter or oil or fat for a few minutes. Sprinkle the bread crumbs over this and moisten with the juices from the meat, plus a spoon or two of water. Cut the meat up into fine pieces and season with salt, pepper and Tabasco. Spread melted butter or oil or fat inside the shell and fill with the meat mixture. This mixture is enough for two shells.